



View

Epistles

Philippians 4.7-9

Greetings Mt. View friends,

Did you find the tattoo in your mail envelope?

I bet you saw that it has a peace sign on it. Peace is a word we use a lot in the Christian church. Talk with your family for a minute about what you think peace means and looks like.

Maybe you thought of things like:

Peace is when there is no war.

Peace is when I don't hear about violence on the news.

Peace might be when you feel calm – when there is 'peace and quiet.'



There is an even deeper, bigger type of peace that the Bible talks about. It is called **shalom**. Shalom is a Hebrew word that means **peace, wholeness and wellness**. It is this 'shalom' peace that God wants to have everywhere in the world. God's dream is that every person will be peaceful, whole and well.

You might have seen or heard about ways in which the world doesn't have shalom. You can pause for a minute and share with your parents if you have seen or heard of things that aren't peaceful.

Sometimes we see things that feel like God's peace is completely missing, and it's hard to understand why those things are happening.

One of my favorite Bible verses says that God's peace "surpasses" our understanding – which means it is beyond our ability to fully know or understand how God's peace is with us... and with the whole world.

We can't always see it, but God promises that one of the gifts Jesus gives us when we trust in him is a deep shalom: peace, wholeness, and well being. In return, we try to share this shalom with others.

To practice shalom, we first have to remember that God has given it to us! So why don't we try to feel God's shalom with us? I want you to slowly:

- 1)close your eyes
- 2)Take a deep breath
- 3)And say "God is with me... God's shalom is with me"
- 4)Notice how you feel–do you sense a peacefulness?

Now you can put on your peace tattoo as a reminder that God gives you shalom - and you can share that peace!

Shalom,

Pastor Bri

